

THE SHEPPARD SENATOR

Sheppard Air Force Base, Texas, features the 82nd Training Wing and 82nd Training Wing

Inside look

Military working dogs

"Air Force working dogs are an integral part of our defense," said Maj. Paul Kasuda, commander of the 82nd Security Forces Squadron. See story and additional photos.....Page 3

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CSAF Survey

This is the last week to complete the 2002 Chief of Staff Survey, which is available online until March 8 at <http://csafsurvey.af.mil>. While the survey is voluntary, Air Force leaders emphasize the value of completing the survey.



Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, takes the guidon from Maj. Gen. John Regni, 2nd Air Force commander, as he assumes command of the 82nd TRW on Wednesday. (Photo by Tom Steele)

82nd Training Wing changes hands

By Airman 1st Class Pamela Stratton

Base public affairs

The 82nd Training Wing changed hands Wednesday morning during a change of command ceremony at Hangar 1045.

Brig. Gen. Arthur Rooney Jr. took command of the wing from Brig. Gen. Michael Collings.

General Collings will go on to Langley Air Force Base, Va., to become the director of maintenance and logistics for Air Combat Com-

mand.

General Rooney comes to Sheppard from Ramstein Air Base, Germany, where he was the director of logistics for Headquarters U. S. Air Forces in Europe. He has held assignments in the maintenance, logistics and programing fields at squadron, wing, major command and Air Force headquarters and Joint Staff levels. He has also served two command assignments with Air Mobility Command.

The general is a distinguished graduate of the ROTC program at Baptist College in Charleston, S. C., and also holds a Master of Science degree in Management from Webster University.

General Rooney's major awards and decorations include a Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal with two oak leaf clusters and an Air Force Commendation Medal with two oak leaf clusters.



Brig. Gen. Arthur Rooney, Jr.
82nd Training Wing
commander

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain

Action Line 676-2000, action.line@sheppard.af.mil

of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.

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Crosswalk concern

Q I'm concerned about the new crosswalks that have been painted on D and E Avenues. I think it was a good thing that you did this, but there's one other problem; there are no signs indicating that crosswalks are there. I'm afraid that some airman

might get hit by a vehicle. I was stopped in the right-hand lane to let an airman cross and the vehicle in the left-hand lane did not stop. The airman had to jump back on the curb to keep from getting hit. Are there going to be signs put up?

A Our civil engineer installed the crosswalks without the optional warning signs because drivers have adequate clear view to see pedestrians waiting to cross. Based on your input and a reevaluation of the environment near the crosswalk, warning signs will improve safety for pedestrians crossing Avenues D and E and will be installed.

There are no substitutes for sound judgment and operational risk management when approaching a crosswalk. Both driver and pedestrian must remain alert and anticipate the unexpected.

362nd Training Squadron splits into two squadrons today

By Airman 1st Class Pamela Stratton
Base public affairs

The 362nd Training Squadron will split into two squadrons today at 11 a.m. in hangar 1090 during a squadron activation ceremony celebrating the initialization of the 360th Training Squadron, which will be comprised of approximately half of the personnel now assigned to the 362nd TRS.

Lt. Col. Margaret Beatty will become the commander of the 360th TRS, while Lt. Col. Scott Miller will remain the commander of the 362nd

TRS.

The 362nd TRS, currently the largest squadron in the Air Force, exceeds the size of most groups, said Lieutenant Colonel Miller.

The squadron has grown in size from about 1,700 people in mid-2000 to almost 2,500, after a surge in recruiting resulted in more airmen coming through the pipeline from basic training at Lackland Air Force Base. With nonprior service students, TDY students and permanent-party personnel, here at Sheppard and at the squadron's six other operating locations and one

detachment, the 362nd TRS has close to 3,000 personnel assigned or attached.

"That was simply too large," said Lieutenant Colonel Miller. "A squadron of that size carries a great administrative burden which puts a strain on everyone and takes away from the overall mission of technical training. We submitted proposals to split up the squadron to 2nd Air Force and to Air Education and Training Command, and they concurred."

The squadron provides technical training instruction to airmen in 17 different crew

chief career fields covering all Air Force aircraft, as well as enlisted aircrew, loadmasters, maintenance analysts, maintenance schedulers, maintenance officers and munitions/nuclear officers.

"After the split, all students and permanent-party personnel associated with crew chief training for fighter aircraft will remain the 362nd, and the rest of the squadron will become the 360th," said Senior Master Sgt. John Huff, 362nd TRS production superintendent. "Splitting up this way will make the squadrons about equal in size."

Lieutenant Colonel Miller

said the split will be almost transparent to most students. "They won't be switching dorms or schoolhouses, and people won't be moving from building to building. Only a couple of offices will move as a result of the split," he said. "The people who will really notice a difference will be the permanent-party personnel, who will have the access to their commander that was previously unavailable. I think the split is a good thing for everyone involved, and it will allow us to focus more on training and provide better support for the squadron."



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Brig. Gen. Arthur Rooney, Jr.
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Shepherds help keep Sheppard safe

By 2nd Lt. Nathan Broshear
Base public affairs

“Sure they’re cute, but they are not your friends.” This is the message kennelmaster Staff Sgt. Justin Naylor finds himself telling people whenever they ask to pet one of the military working dogs assigned to the 82nd Security Forces Squadron.

“The working dogs assigned to Sheppard are an integral part of our force protection and drug abatement policies,” says Sergeant Naylor, “but they’re professionals and on duty wherever you might see them.” Sheppard’s working dogs put in long hours at the gates screening trucks, patrolling the flightline, and walking through dormitories. Many on base may not realize these animals are highly skilled specialists with years of training and preparation.

“Here at Sheppard, our military working dogs are an invaluable resource for our force protection efforts. They’re an additional layer of defense against threats potentially undetectable by humans,” says Maj. Paul Kasuda, commander of the 82nd Security Forces Squadron.

Dogs have been used in conjunction with military activities for thousands of years. Ancient Babylonians, Egyptians, and Romans used enormous breeds during their military campaigns. In modern times, armies have employed dogs as messengers, guards, and in ordnance detection. The U.S. military used German Shepherds during the Vietnam conflict as sentries, trackers, and scouts to walk “the point” in front of advancing troops. With so much technical training going on at Sheppard, one might wonder what goes into making the base’s most underpaid security forces troop.

Selection

The 341st Training Squadron,



“Arno,” a military working dog, is guided to sniff underneath a vehicle at the main gate. The dogs are trained to detect the scent of explosive devices. (Photo by 2nd Lt. Nathan Broshear)

located at Lackland Air Force Base, Texas, buys, trains, and prepares Air Force, Department of Defense, and Federal Aviation Administration working dogs for duty.

Each year, a team makes buying trips to select German Shepherds, Malinois and Belgian Tervuerens from trusted vendors in Europe. Many of these relationships have been around for decades, as certain breeders have proven that their animals consistently make for good working dogs and are favored by Air Force trainers for their intelligence and keen senses.

Puppies are tested for their response to “rough-housing,” toys, gunfire, and their ability to learn commands. They are then brought to Lackland for their initial training with the 341st TRS.

Training

All Air Force working dogs

are first trained in patrol duty, to include obedience, standing post, and defensive commands. Once they’ve completed patrol training, working dogs are separated into one of two specialties: explosives or drug detection.

During their specialization, dogs learn to associate the smell of drugs or explosives with a treat or a favorite toy. “Once the dog realizes that everytime he finds the ‘prize’ he’s rewarded, then they begin to work for their handlers. Unlike Air Force staff, our dogs work for praise, not a paycheck!” jokes Sergeant Naylor.

Each dog recognizes numerous different types of explosives as well as bomb-making components. Drug detection dogs can recognize between seven and nine types of illegal drugs. “We constantly update their training to keep up with new developments. For example, all



Staff Sgt. Paul Diedrich directs his working dog “Arno” during a routine search of all oversized vehicles at the main gate. (Photo by 2nd Lt. Nathan Broshear)

our drug dogs are now trained to detect *ecstasy*, as it’s become more popular with criminals. And our explosives dogs can detect even the most exotic new explosives,” explains Naylor.

Such training doesn’t come cheap: an Air Force dog ready

for assignment to security forces costs between \$25,000 to \$35,000, depending on its specialty. “Ironically, it’s a lot easier to replace a handler than it is to replace the dog,” says Naylor.



Iwo Jima Reunion
Amber Brinkerhoff, Sheppard Elementary School's Student Council vice president, presents Medal of Honor recipient Woody Williams a check for the Iwo Jima Veteran's and Family Association, as Florene Watson, the first pilot in the Women's Air Force Service Pilots corps, looks on. Williams and Watson were part of the ninth annual Iwo Jima Survivor's Reunion that took place in Wichita Falls last week. As a part of the reunion, attendees received a tour of Sheppard. (Photo by Mike McKito)

Academy grad, football star speaks of commitment at National Prayer Breakfast

"It's all about commitment," echoed the words of Chad Hennings, a former Dallas Cowboys lineman who is a major in the Air Force Reserve.

Hennings was the keynote speaker at this year's National Prayer Breakfast Feb. 22.

The Presidential Prayer Breakfast was established in 1952 by members of the United States Senate and House of Representatives. In 1970, the name was changed to the National Prayer Breakfast.

Hennings stressed the need to have commitment in four areas of life – physical, mental, family and

community service. At the core of these values is his strong spiritual commitment to God.

Hennings is a 1988 graduate of the U.S. Air Force Academy and a 1989 graduate of the Euro-NATO Joint Jet Pilot Training program. He is an A-10 pilot, and has flown 45 missions in support of Operation Provide Comfort in Northern Iraq. Hennings played nine seasons with the Dallas Cowboys as a starting defensive lineman, and was on three Super Bowl championship teams.



Chad Hennings, Air Force pilot and former pro football star, talks to Team Sheppard at the National Prayer Breakfast. (Photo by Lou Ann Sledge)

Base tax office

The base tax center, located in Bldg. 402, Room 154, is open Monday through Friday from 9 a.m. to 4:30 p.m. to assist Sheppard members with their taxes.

Appointments are available on Monday, Wednesday and Friday mornings. To make an appointment, call 6-7187.

Blood drives

American Red Cross blood drives are held from 3-7 p.m. on the second and fourth Thursday of each month in the student center. All those eligible to donate blood are encouraged to do so.

Enlisted Spouses Club scholarships

The Enlisted Spouses Club is offering scholarships to qualified high school seniors and spouses of all military members.

The club offers six \$1000 scholarships to high school seniors and six \$500 scholarships to spouses.

For an application, contact a high school counselor or go to the base education office.

The deadline for submissions is March 23.

An awards banquet will be held on April 18 to recognize the winners at the enlisted club.

For more information, call Sharon Klepp at 851-9936 or Beth Moret at 569-3812.

Transportation complaints

Transportation's goal is to provide quality service to all commercial travel office customers.

CTO is operated under a civilian contract and is monitored for quality of service under the Customer Complaint Program.

Those whose travel needs (including air, bus, limo, auto rentals, and hotel) are not handled promptly and courteously should use AF Form 714, Customer Complaint Record, to voice complaints, or call 6-6362 or 6-7153 to address the problem.

Women's History Month story time

The base library will host a Women's History Month story time from 10:30 – 11

a.m., March 5, 12 and 19. For more information, call 6-6152.

AAHC Scholarship

Sheppard's African American Heritage Committee will award two \$500 academic college scholarships to highly qualified high school seniors. For an application, contact a high school guidance counselor. Deadline for submissions is May 8.

Scholarship recipients will be presented their awards at a luncheon held in their honor. For more information, contact Capt. Clynnise Simpson at 6-2931 or 1st Lt. Bryan Simpson at 6-3963.

HHC membership drive

The Hispanic Heritage Committee is kicking off its 2002 Membership Drive this month.

The committee would like to extend an invitation to all to attend its first meeting, which will be held March 27 at 2 p.m. in Bldg. 922's conference room.

All of Team Sheppard is invited to come out and share their ideas of how the HHC

can bring cultural awareness and celebration of Hispanic culture to the Sheppard community.

Those with questions can contact Staff Sgt. Stewart Frazier, Master Sgt. Marlon Pesantez or Staff Sgt. Dora Diaz by e-mail or by phone at 6-3310 or 6-7468.

Club membership transfers

Military members who are in-processing to Sheppard can bring a copy of their orders to their new club facility within the first 30 days of their arrival and receive a \$25 certificate to use at the club.

This offer is available at the officers club and the enlisted club. For more information, call 6-6460 or 6-2083.

Soundoff

How has the pay raise helped you?



Since the raise is so recent, I haven't had time to notice the impact. I do know after my bills are paid, I have money to spend. Here's hoping for a nice raise again next year.

—A1C Sarah Johnson



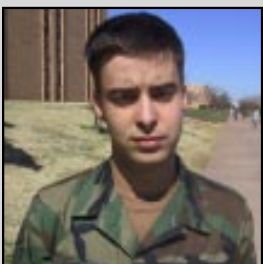
The pay raise this year has affected me. I have more money to put away and save after I pay my bills. With the extra money, I can do things with my friends and make tech school more fun.

—AB Jennifer Diana



The pay raise has affected me in a positive way. I have more money to cover my expenses, and it feels good that the government is looking out for our financial needs, as our economy is going through a recession. It is a real morale booster in knowing my hard work is appreciated.

—A1C Sean Romero



It has made life a little better. It allows for more activities, and it also makes life a little better for airman who are between E-1 and E-3 that have bills.

—A1C Jeremy Sweitzer

A-76 notice

Headquarters Air Education and Training Command Directorate of Plans and Programs approved the cancellation of Sheppard Air Force Base's A-76 Commercial Activities cost comparison, January 29, 2002. The Headquarters Air Force Directorate of Manpower and Organization approved the request to cancel this initiative due to the likelihood of the study exceeding congressional statutory time limits and with the expectation that Sheppard's A-76 study would be re-nominate Sheppard's A-76 cost comparison during the summer of 2002. (*Courtesy of 82nd Training Wing Competitive Sourcing Office*)

Airman Leadership School graduates Class 02-B

Sheppard's Airman Leadership School Class 02-B graduated recently. Senior Airman Steven Fox, 384th Training Squadron, earned top honors with the John Levitow Award. The John Levitow Award is presented to the student who excelled all academic standards and demonstrates leadership ability, teamwork, attitude and military bearing.

Senior Airman Kathleen Langley, 80th Operations Support Squadron, was recognized with the Distinguished Graduate Award and the Academic Achievement Award. The Distinguished Graduate Award is

given to the student who is outstanding in objective and performance evaluations, demonstrated leadership and performance as a team player. The Academic Achievement Award denotes excellence as a scholar. It is based upon all objectives and performance evaluation scores for the class.

Senior Airman Kelvin Seals, Security Forces Squadron, was awarded the Leadership Award. The Leadership Award is given to the student who makes the most significant contribution to the overall class success.

Other graduates were Senior



Fox

Airmen Donald Grable, II, 82nd Security Forces Squadron, Joseph Sanchez, Jr., 383rd Training Squadron, Matthew Snyder, 82nd Security Forces Squadron, Sarah Cevallos, 882nd Training Support Squadron, Luis Gallegos, 82nd Civil Engineering Squadron, Daniel Hill, 82nd Security Forces Squadron, Charles Smith, 363rd Training



Seals

Squadron, Dean Pitchford, 82nd Civil Engineering Squadron, Flavia Gagin, 384th Training Squadron, Benjamin Turner, 366th Training Squadron, Thomas Carter, 82nd Communications Squadron, Andrew Perrin, 82nd Civil Engineering Squadron, and Brian Ervin, 366th Training Squadron. (*Courtesy of ALS*)



Langley

AFPC: Some staying in Air Force despite being exempted from Stop Loss

AIR FORCE PERSONNEL CENTER - More than 1,300 people are deciding to forego their exemption and remain in the Air Force despite being a member of one of the 64 career fields released from Stop Loss.

After the Jan. 28 partial Stop Loss release, more than 5,000 Air Force members were personally contacted by their military personnel flights to discuss their options - one of which was to stay on active-duty.

The exemption allows people to retire or separate as early as March 15.

It was recently decided to allow some people who had taken permissive temporary duty and already began transitioning out of the service before Stop Loss took affect to have that TDY restored so they can have the full time to transition once Stop Loss is lifted for them, officials said.

"We would prefer that these people stay with us and are happy that more than 1,300 are," said Lt. Col. Rich Binger, chief of separations here. "The MPFs' job wasn't to push anyone to stay in, but to make the process of deciding as easy as possible."

People are being given up to 150 days to transition from the Air Force, said Lieutenant Colonel Binger. After processing a good number of decisions himself, Lieutenant Colonel Binger has seen quite a few people wanting to get out now. But he's also seen a good number wanting to wait until August.

"That's great! These people already have the training and experience to do their jobs. If

they want to stay longer, we'll accommodate them," he said.

The next Stop Loss review is expected to be announced in late March. Waiver applications continue to be accepted. Currently, about 80 percent of waiver packages are being approved by the major commands.

"There are also options for folks not exempted from Stop Loss. People need to talk to their MPF, to their supervisors and to their commanders to make the best decision for themselves," said Lieutenant Colonel Binger.

Stop Loss was implemented Oct. 2 to allow the Air Force to meet mission requirements associated with the response to Sept. 11th's terrorist attacks.



Training applied OPERATION ENDURING FREEDOM — Senior Airman Natalie Miller, a life support technician from the Wisconsin Air National Guard's 128th Air Refueling Wing, performs a 30-day maintenance check on a flight crew helmet at an Operation Enduring Freedom location. Life support airmen ensure that equipment used by flight crews remain in top condition. Life support training is conducted by the 361st Training Squadron. (Photo by Staff Sgt. P.J. Farlin)

Learning center enhances academic success

By Randy Whitehead

WLDC instructor

Since its inception in June, the 82nd Training Wing's Learning and Development Center has increased in popularity, as evidenced by the rising numbers of students utilizing the facility.

So far, the center has provided instruction to over 4,700 students, gaining favorable comments from an overwhelming majority of those participating.

Sheppard's WLDC is the first of its kind to be implemented at an Air Education and Training base.

The primary mission of the center is to improve the academic performance of airmen in training so that the 82nd TRW can better meet its mission of replenishing the combat capability of America's Air Force with high quality, highly skilled, professional airmen.

The WLDC's new building, Bldg. 558, consists of four classrooms capable of holding 30 students each, a mass briefing room capable of holding 60 students, and a computer lab with 38 stations for computer-based instruction.

Presently, the computer-based instruction capabilities consist of eleven Microsoft Office courses, and ten Learning and Study Strategies Inventory courses.

The LASSI instruction modules include:

Anxiety: defines and explains anxiety in academic settings and methods to reduce anxiety.

Attitude: discusses the importance of student attitude.

Concentration: exposes ways students sabotage academic success.

Information processing: explains proven techniques



Airman Jeana Wingo, 383rd Training Squadron student, receives help with a computer course from Navy Petty Officer 1st Class Wallace Johnson at the Wing Learning and Development Center. (Photo by Mike McKito)

to improve memory.

Motivation: challenges students to determine activities to reach their goals.

Selecting main ideas: provides techniques to identify the information

most likely to be seen on tests.

Self-testing: explains the importance and procedures of self-testing prior to exams.

Study aids: explains the

use of aids in texts and the classroom.

Test strategies: provides proven techniques for mastering the skill of test taking.

See WLDC, Page 13

Madrigal Youth Center announces 2002 Youth of the Year winner

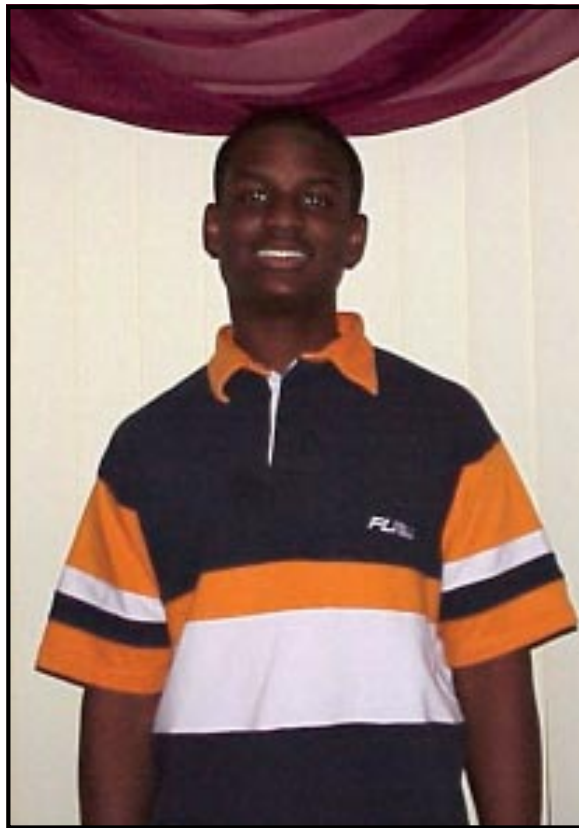
Matthew Warren, 14, has been selected as the 2002 Youth of the Year for the Boys and Girls Club of Sheppard. His selection makes him eligible for the National Boys and Girls Club Youth of the Year award. This program is sponsored by the Readers Digest Association and administered by the Boys and Girls Clubs of America. This national program recognizes exemplary character, superior leadership skills, academic achievement, and service to the community and the Boys and Girls Clubs.

A member of the Madrigal Youth Center for two years, Warren is an invaluable asset to his club. He is an outstanding student at Hirschi High School in Wichita Falls. His involvement in extracurricular activities includes being a member of the International Baccalaureate Program. This program is limited to only the most qualified students. A natural leader, Warren has the positive respect of his peers, both at his school and at the youth center. He inspires teamwork and cooperation from his peers, which helps in completing school and center tasks with a great feeling of accomplishment.

Warren's goal is to become a physician specializing in surgery. He presently plans on attending the University of North Carolina.

Warren was selected as one of Wichita Falls '95 Outstanding Youths for 2001 by the Optimist Club of America.

Warren is now eligible for the AETC and Air Force Youth of the Year awards. He will represent the teens of Sheppard when he travels to Washington, D.C., this summer for the Teen Forum. *(Courtesy of the Madrigal Youth Center)*



Matthew Warren
2002 Youth of the Year

Housing office notes

The winter season has taken its toll on the condition of lawns and other areas around base housing units. Leaves and trash have accumulated along fences, bushes, and foundations of houses, and in and around carport areas. Leaves should be raked and trash picked up. There should be no accumulation of unused items, trash or cigarette butts at entrances.

With nice weather just around the corner, it's time to gear up to mow, edge, rake and clean out flowerbeds. Occupants are also reminded to trim along fences. Occupants are responsible for maintaining and policing all grounds surrounding their residence, including the curb, gutter and adjacent street out to the middle of the road. Shrubs and bushes should be trimmed.

The base has had no significant amount of rain lately, and if the trees, bushes, and turf are to survive, they need to be watered.

Finally, any change or addition to a housing unit, such as installing a fence, needs approval on AF Form 332. This form is available at the housing office. The efforts of housing residents to make their homes look nice is greatly appreciated. For more information, call 6-5769.

Texoma Chapter of NCMA wins national award

The Texoma Chapter of the National Contract Management Association won second place for the National Walter R. Graalman Award for recognizing quality chapters in the association.

The results were officially released in the February edition of the NCMA monthly magazine.

The award is named after retired Brig. Gen. Walter R. Graalman, who was NCMA's first vice president from 1965-66. The Walter R. Graalman Award is awarded each year to each chapter whose performance in

carrying out the purpose of NCMA equals or exceeds a pre-established level of excellence. The annual award measures all of the programs that the chapter operates and supports, and assigns a numerical rating for each program. The aggregate total of all of the points for each chapter is competed at the regional and then national levels. The two highest scoring chapters, in each of the three categories based on chapter size, are named national first and second place winners.

The Texoma Chapter is comprised of both government and contractor personnel at Sheppard and in the

Texoma area, and provides educational opportunities, scholarships, and support for local charity organizations each year. The Texoma Chapter continues its record of success, winning last years first place National Graalman Award. This year's second place award makes this the third time that the chapter has won the second place Graalman Award nationally.

It was also officially released in the NCMA monthly magazine for February that a member of the Texoma Chapter, Neda Hansen, was awarded the Albert Berger Outstanding Chapter Leadership Award. The Albert

Berger Outstanding Chapter Leadership Award is only awarded annually to the eight members of the national organization whose chapter leadership has impacted their prospective chapters the most significantly. Hansen has served as the chapter's president, treasurer, Graalman chairperson, fundraising chairperson and national director, and her leadership has been reflected in the overall chapter's success. *(Courtesy of the Texoma Chapter of the National Contract Management Association)*

WLDC

Continued from Page 9

Time management: reinforces time awareness, planning, and avoiding procrastination.

The computer lab is available Monday-Thursday, 11:30 a.m. to 4 p.m.

Students awaiting training should register through their military training leaders. All others interested in utilizing the computer lab should contact the WLDC at 6-1775 to be scheduled on a space-available basis.

Utilizing multimedia instruction in the classroom, students focus on five academic areas: study skills, test anxiety, stress management, time management, and goal setting for academic success. Class presentation is an hour at a time with attendance scheduled by the MTL or instructor. These classes are intended to supplement the students' regular technical training curriculum. It is a wing goal to have all students awaiting training attend the courses prior to attending technical training.

By implementing this program wing-wide, the 82nd TRW expects to increase the graduation rate and reduce washbacks and disenrollments.

According to Capt. (Dr.) John Leckie, a licensed clinical psychologist, most colleges and universities have attrition rates of about 50 percent among freshman students.

A relatively low percentage of these dropouts and failures are due to the students' inability to comprehend the subject matter.

Many students, it seems, have just never learned effective time management and study skills, and that's where the WLDC can

make a difference.

Because of the initial investment of time and money in graduating students from basic military training, the Air Forces is now placing greater emphasis upon retaining airmen; thereby, protecting the AF's investment, rather than terminating those students who struggle in tech school.

Although the emphasis is placed upon nonprior service students, the WLDC staff encourages anyone in an academic environment to attend the classes.

Permanent-party military members and their adult family members can simply call the WLDC at 6-1775 to reserve a place in their desired class.

These classes are especially useful for those completing their Career Development Courses, and for anyone studying for promotion. Completing CDCs can be especially problematic for those who find themselves caught up in the conflicting demands of modern military life.

For example, an airman who is facing a deadline to complete his CDC, but who also works in a unit that is shorthanded, has a spouse who works or is in school, has a part-time job, and has kids may not know where to find the time, let alone the energy, to work on his CDCs.

Well, maybe the WLDC's classes, or the coaching available through specialized individual assistance with one of the WLDC's psychologists, Dr. Leckie or Dr. Lenehan, can open the door to finding the solutions necessary for CDC completion.

Those who have questions can call Frank Christ at 6-1775.



Troops marching

When driving on base, sooner or later everyone will encounter a troop formation marching on one of the designated routes of march (ROM) streets, Avenues F and I. Several motorists are not aware of what to do when they encounter these students.

When road guards are

posted at an intersection, motorists are to stop several feet from them. They should never play "bumper tag" or "chicken" to see how close their car can get before the roadguards flinch.

Another instance may occur when motorists encounter a troop formation marching on the ROM. The speed limit on these roads is

15 mph. However, when a driver approaches a troop formation, the speed limit drops to 10 mph. Drivers are not allowed to pass the troops until they have been signaled to do so by the formation leader. Also, drivers need to be aware that the ROM streets are one-way streets.

Commentary: Taking care of your wingmen



By Brig. Gen. Duane Deal

Air Force Recruiting Service commander

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — A master sergeant's spouse was cured of her breast cancer, but in the process, \$100,000 of medical bills piled up — with the government at the time covering only \$80,000.

A gut-wrenching decision, he decided to declare bankruptcy ... the Air Force Assistance Fund came to his aid to get him and his family back on their feet.

A staff sergeant's abusive husband deserted her and her sick daughter, and in the process he ran up hundreds of dollars in credit card debt ... to help her

recover and pay her daughter's medical bills, the Air Force Aid Society gave her a grant.

A young senior airman's father unexpectedly passed away, but her account was nearly empty from her recent PCS to the base ... Air Force Aid stepped in and not only paid for her trip, but also helped her attack her debts.

A technical sergeant's widow was down on her luck, believing she had nowhere to turn ... she was welcomed with open arms to live in the Air Force Enlisted Men's Widows and Dependents Home, now known as the Air Force Enlisted Foundation, near Eglin Air Force Base, Fla. In the process, the General and Mrs. Curtis E.

LeMay Foundation provided financial assistance to get her back on her feet.

There are many more examples, to include a master sergeant's recent widow who had her bills paid for one month until her husband's death benefits kicked in, an airman who had his electricity, phone and rent paid for one month during a money crunch and an airman first class who received \$100 after his wallet had been stolen to tide him over until he could get things straight.

You may know some of these people, pass them in the commissary or work closely with them and not even be aware of the challenges they've faced. But they each have

something in common: Through your generous donations to the Air Force Assistance Fund, they were able to put dark chapters in their lives behind them and press onward.

Year in and year out, emergency assistance, education grants, volunteer childcare and other assistance programs are dedicated to Air Force people via the AFAF.

To ensure we can continue to help our own, the Air Force Assistance Fund runs one campaign a year to benefit its charitable organizations. Unlike most other campaigns, 100 percent of the proceeds are distributed directly back to Air Force active duty and retired people and their families. While your donations

are tax deductible, seeing the impact of those donations makes the tax aspect pale in comparison to the effect they have on our Air Force team members' lives. In fighter pilot parlance, that's called "takin' care of your wingmen."

From now through the end of March, we have a chance to contribute to "our own," and ensure such stories can be written in the future — perhaps about your acquaintances, perhaps about someone you pass in the commissary, perhaps about someone you work with ... perhaps even about you.

Let's support the organization that supports us. Please be generous. It's all about takin' care of your wingmen.

General activities

Chili cook-off

A base-wide chili cook-off will be held at the Community Center March 13.

Each squadron may enter up to four teams. The categories include: fire hose hot, best vegetarian, best in Texas and wanna-be hot. Each entry must have a crock-pot full of chili. Those entering must be at the CAC by 9 a.m. for judging. After judging, the chili will be available to the base for lunch from 11 a.m. to 1 p.m. The CAC will provide corn bread, crackers, Fritos and all the trimmings. Anyone entering must sign up by March 8. For more information call 6-3866, e-mail Joyanne.Bernhardt@sheppard.af.mil or stop by the CAC.

Computer class

The Madrigal Youth Center is hosting a special computer course for its members. Basic computer to Microsoft Windows 2000 is available. Classes are held every Wednesday from 4-5 p.m. Limited space is available. For more information, call 6-KIDS.

Upcoming trips

Legends of the Game Museum

Information, Tickets and Tours will sponsor a March 2 trip to Legends of the Game Museum in Arlington. The cost is \$24 per person. This trip for baseball lovers features over 100 items from the Hall of Flame. It also features a children's learning center with interactive exhibits. The trip includes a tour of the ballpark in Arlington, home of the Texas Rangers baseball team.

New Jersey Devils at Dallas Stars hockey game

Information, Tickets and Tours will sponsor a March 10 trip to the New Jersey Devils at Dallas Stars hockey game with a meal at Trail Dust Steak House. The cost is \$55 per person. The game will be at the new American Airlines Center

in Dallas at 6 p.m. A late lunch at the Trail Dust Steak House in Arlington will kick off the trip. Tax and gratuity for the meal are not included in the cost of the trip. Those interested must register no later than Tuesday.

Club activities

Enlisted club comedy jam

The enlisted club presents the enlisted club comedy jam weekend March 22. Comic View comedians Scrunchio and Charles Walden will perform at the enlisted club ballroom. Doors will open at 8 p.m., and the show starts at 9 p.m. Tickets are \$5 for club members and \$8 for nonmembers. Reserved seating is available with advance ticket purchase. This show is for mature audiences. For more information, call 6-6427.

Sunday brunch

The officers club will host a Sunday brunch March 10 from 11 a.m. to 2 p.m. The cost is \$10.95 for members, \$13.95 for nonmembers. For more information call 6-6460.

Lunch at the e-club

The enlisted club now serves lunch from 11 a.m. to 1 p.m. Monday through Friday.

The menu includes a food bar, grill specials and healthy heart options. For more information, call 6-2083.

Big Bucks Club Card drawings

Sheppard officers club and enlisted club members are now eligible for the Big Bucks Club Card drawings held every Friday from 6-7 p.m. at both clubs.

Symphony at the officers club

The officers club invites all ranks to enjoy an evening with the symphony March 9 at 6:30 p.m.

Hors d'oeuvres will be served followed by a bus ride to the symphony. The cost is \$45 per person or \$75 per couple. Those interested must RSVP by Monday. For more information, call 6-6460.

At the Flicks

Friday 6:30 p.m.

Kung Pow

Friday 9 p.m.

Orange County

Saturday 2 p.m.

The Royal Tenenbaums

Saturday 4:30 p.m.

Kung Pow

Saturday 7 p.m.

Orange County

Sunday 2 p.m.

Kung Pow

Sunday 4:30 p.m.

Orange County

Thursday 6 p.m.

Orange County

This schedule is subject to change without notice. For movie information, call 6-4427.

Orange County (PG-13) – Colin Hanks, Jack Black – A high school student with his heart set on going to Stanford is horrified when his guidance counselor accidentally sends the wrong transcript with his college application. He spends the rest of the film trying to prove he is actually a good student.

Kung Pow (PG-13) – Steve

Oedekerk, Leo Lee – In Kung Pow, The Chosen One is looking to avenge the death of his family at the hands of the seemingly invincible Master Pain.

The Royal Tenenbaums (R) – Gene Hackman, Angelica Houston – When Royal learns that his distant wife may remarry, he feigns illness as a way to reunite with his estranged family.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 5 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., Hospital Chapel

Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Sunday, 9 a.m., Liturgical Communion, South Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community

Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel

Thursday, noon, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 12:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962.

For more information, call the base chapel at 6- 4370

Air Force clubs offer scholarships to college students

SAN ANTONIO — Air Force Services Agency officials are sponsoring the sixth annual Air Force Club Membership Scholarship Program.

Three scholarships will be awarded to Air Force club members or to eligible family members, said Fred Fried, chief of the club operations branch. First place is \$5,000, second is \$3,000 and third is \$2,000.

The scholarships will be

presented by Oct. 1.

Applicants need to be accepted by or enrolled in an accredited college or university for the fall of 2002 in either undergraduate or graduate studies. Club membership, by June 30, is also needed for eligibility.

To enter, nominees must provide an essay of 500 words or less, titled, "Air Force Clubs — How To Continue The Tradition." All entrees should be

submitted on standard white bond paper, with one-inch margins, and typed in 12-point Arial, Times New Roman or similar font.

Entrees must be submitted to an Air Force club by July 15, and must include the sponsor's name, last four digits of the sponsor's Air Force club membership card account number, base and club name, and the entrant's full name

and mailing address. If nominees are family members, they should explain how they are related to the club cardholder.

A one-page summary of the nominee's long-term career/life goals and previous accomplishments must also be included. The summary should include civic, athletic, and academic awards and accomplishments.

In five previous years, Air

Force Clubs has awarded \$50,000 in scholarships.

"This is just another example of some of the great benefits and values club membership offers," said Fried, adding that anyone interested in participating or needing additional information on the program should contact their club manager or go online to AFSVA's Web site.

Nutrition views: The low down on low carbs

**By Maj. Mari Chamberlain
and Maj. Elizabeth Watson**

*Diet Therapy Training Programs
chief and Nutritional Medicine
Flight commander*

We live in a trendy society. Hairstyles, clothing and home décor are all subject to trends. Diets follow trends as well, and if you look at newsstands, television and magazines, you get the message that carbohydrates are out.

It's true that low-carbohydrate diets can cause weight loss, but are they healthy? Let's investigate the facts.

Low carbohydrate diets claim they enhance weight loss by decreasing the levels of insulin produced. There is no scientific evidence these diet plans cause any more weight loss than a low calorie balanced diet.

Many low-carbohydrate, high-protein diets encourage something called "ketosis" as a goal, claiming it increases metabolism and causes more calories to be burned. In truth, ketosis uses up a maximum of around 40 calories

per day, equivalent to weight loss of four pounds per year.

To a large extent, a calorie is a calorie. The way to lose weight, on any diet plan, is to take in less calories than your body burns. The reason for weight loss on low-carbohydrate diets is that people on these diets eat fewer calories. When choices are limited to only one or two food groups, people end up eating less.

A study showed that people following low-carb, high-protein diets averaged only 1200-1400 calories.

Low-carb dieters also lose weight from water loss, but it's regained quickly once the diet is halted.

There are risks associated with low-carbohydrate diets.

Any diet that eliminates food groups limits the availability of vitamins and minerals.

When carbohydrates are restricted, intake of protein and fat goes up. High fat diets are associated with heart disease, the biggest killer of Americans, and with

several forms of cancer. High-protein intake causes increased work for the kidneys and liver, and may be detrimental.

Diets which promote ketosis are even more of a concern. Ketones are formed when your body does not have enough glucose available. Since glucose is the main fuel for the brain, that should be a big concern; most of us can't afford to starve our brains.

So let's weigh the evidence: Can you lose weight on a low carb diet? Yes. Will weight lost rapidly likely come back? Yes. Is a low carbohydrate diet a safe, healthy way to lose weight? Not really. What is the best way to lose weight? A healthy balanced diet, low in fat and excess sugars, moderate portion sizes, and regular exercise.

Those who'd like more information on healthy, effective weight loss programs can call the Health and Wellness center at 6-1416.



Most health professionals agree the best way to lose weight is through a balanced diet with moderate portion sizes and regular exercise. Eliminating certain food groups from ones diet may cause health problems.

DOGS

Continued from Page 3 Handlers

Handlers are selected from seasoned security forces troops. Senior airmen or staff sergeants are eligible to apply to the canine handler specialty after completing three years of duty as security forces patrolmen or other related duties.

Once chosen, handlers go through much of the same patrol training as the dogs and then learn the fundamentals of detection. Many of the same techniques used to find drugs also apply to ordnance, so all handlers are taught to guide a canine to search for both substances. Canine first-aid, fundamentals of conditioning, and the ethical use of canine force are also core subjects.

Much of the training focuses on building trust between the

dog and the handler. During one exercise, handlers walk through the wilderness while classmates hide in the brush. "Invariably, your dog will sense them long before you can....and keep you from tripping," says Staff Sgt. Buffie Verhagen, a newly assigned trainer with the 82nd SFS. "Studies indicate that working dogs can detect a person from over 250 yards away. Think of the dog as a tool—look between their ears and soon you'll see your target—they just saw it first," adds Sergeant Verhagen.

Explosives training takes on a new twist when working with dogs. "When you enter a room that might contain a bomb, we're trained not to turn on the lights because they might trigger a detonation. It doesn't bother the dogs at all, they'll continue the search, but you're still in the dark until they find it—literally and figuratively," ex-

plains Sergeant Verhagen.

Not only are handlers responsible for their regular security forces duties, they must train, exercise, and care for their animal, as well as clean the kennels and grounds. TDYs to special events such as Super Bowl XXVI and the Democratic and Republican National Conventions are especially hard while trying to care for the dogs enroute.

In addition to these added tasks, base tours often put the dogs and handlers in the spotlight. "It's actually an opportunity for the dogs to show off and for us to get in some extra training. Most people are really amazed when they see what a team is capable of," says Sergeant Naylor.

During exhibitions, questions often center on how military working dogs differ from their civilian counterparts. "Many

times, a local police canine will actually be an officer's at-home companion—not so for a military working dog. In the Air Force, we found it was more effective to keep the animal at one base for its entire career. When we PCS, the dog is left alone for a while, then re-introduced to a new handler," says Sergeant Naylor. "They've even got a stock number like a wrench or an airplane."

"It's not uncommon for an Air Force dog to have five or six handlers in its career. That's not to say there's not a bond," clarifies Staff Sgt. Allen Seigler, 82nd SFS handler. "It takes time to build trust with your dog, but once you do — they'll remember you for years."

Sergeant Seigler's dog continues to amaze his handler, "We once tested him by hiding a drug sample in a theatre. As soon as I entered the front door, he pulled

me through the crowd in the lobby, by the popcorn machine, down the theatre, behind the stage, and into a small bathroom where the drugs were hidden in a cabinet. Searching a room or office is easy in comparison."

At Sheppard, like many Air Force units, the dog handlers are a tight-knit bunch. They work long shifts together and share a common love for their job. Their dogs are trained to not let anyone get too close to their handler, so it's no wonder their handlers don't have a chance to socialize.

"Being in the kennel, caring for your animal, and going on extra duties sort of separates us a lot, but I honestly think I've got the best job in the Air Force," says handler Staff Sgt. Paul Diedrich. "Where else can you go TDY to the Super Bowl?"

Tips for dealing with military working dogs

Air Force working dogs are a valuable, safe and effective resource for base security forces personnel. Here are some tips for Sheppard members, should anyone come in contact with a handler and dog on duty.

1. **Keep your distance** — These animals have a personal space just like you. Keep at least 6 feet between yourself and the handlers.

2. **Working dogs aren't for petting or nuzzling** — Wherever you may see them, they're on the job.

3. **Don't "stare down" working dogs** — Often, this can be seen as a sign of aggression.

4. **Don't make any sudden movements** — Working dogs will react to protect their handler, so any action that could be interpreted as threatening may provoke them.

5. **Act natural** — Tiptoeing or trying to "hug the wall" looks suspicious and will raise concern.

6. **Announce yourself**—Don't sneak up on dogs while they're working. Simply letting the handler and dog know that you are near shows you pose no threat.



"Johny," a military working dog with the 82nd Security Forces Squadron, waits for his next command while negotiating an obstacle course. (Photo by 2nd Lt. Nathan Broshear)

Men's softball tryouts

The men's base softball team will begin tryouts on Monday at 4:30 p.m.

Tryouts will be held on Field 1 near billeting with an alternate location being Field 2 behind the south chapel. Anyone interested in playing for the base team should attend.

For more information, call Master Sgt. Bubba Bubolz at 6-6808.

Practices will be Mon-Thurs at 4:30. Tryouts are open to all of Team Sheppard.

Aerobics classes

The AerobiCenter is located in the south fitness center and offers coed aerobics classes seven days a week.

Classes are offered as early as 5:30 a.m. and as late as 7 p.m. The classes include low impact, intermediate to advance exercises, floor and step exercises, muscle sculpting and kickboxing. Call 6-2972 for more information.

Texas Rangers tickets

Texas Rangers baseball tickets are available through the information, tickets and tours office.

Some seats are available at regular price and others are available at almost 50 percent off the regular ticket price. Tickets may be bought for as little as \$8.25.

Wearing of the green golf

Wind Creek Golf Course, will host the Wearing of the Green Golf Tournament March 16 with a shotgun start at 9 a.m. The cost of \$20 per person includes cart. The format includes individual stroke play – only nine

holes will count for a total score. Established handicap is required. For more information, call 6-6369.

Colorama Tournament

The south bowling lanes will host a Colorama Tournament Saturday at 7 p.m. Participants can bowl with lights out and knock down glowing colored pins in a special position to win cash. For more information, call 6-2170.

R & R: return to fitness prescription program

Fitness programs are now available for adults over 50.

An instructor leads the class through a low intensity and low impact strength training session. Some light aerobics may be involved. The classes are Monday, Wednesday and Friday from 8-9 a.m. at the south fitness center. The south fitness center has free personal trainers and aerobics classes.

For more information, call 6-2972/7491.

Bowling championship

The south bowling lanes will host the Wichita Falls Women's City Bowling Championship March 9, 10, 16 and 17. For more information, call 6-2170.

Saturday bowling league

Unfortunately, due to class schedules, the current bowling leagues offered on base do not accommodate T-Shift personnel. With this in mind, Staff Sgt. Allan Gilbreath is looking to start a Satur-

day league. The league will consist of three member teams and begin bowling at approximately 1 p.m. The teams are open to all active duty members from any unit. The length of the league is to be determined later. As of now, the bowling center has agreed to start the league provided there is enough participation. Anyone interested should e-mail Sergeant Gilbreath at Allan.Gilbreath@sheppard.af.mil or call 6-4804.